



## How Many Servings Do You Need Each Day?

Looking for a guide to help you achieve your weight and nutrition goals? Use the Food Guide Pyramid recommendations for number of servings for different calorie levels below!

	Women >30	Women < 30, active women >30 & men >30	Active women < 30, active men >30 & men < 30	Active men < 30	Very active men < 30
Calorie Level*	1200	1500	1800	2000	2200
Grams of fat	< 40 g fat	< 50 g fat	< 60 g fat	< 65 g fat	< 70 g fat
Grain Group	6	7	9	10	11
Vegetable Group	3	3	4	5	5
Fruit Group	2	3	3	3	4
Milk Group	2-3**	2-3**	2-3**	2-3**	2-3**
Meat Group	4 oz	5 oz	6 oz	7 oz	7 oz
Fats	2	3	4	4	5

\*These are the calorie levels if you choose low fat, lean foods from the 5 major food groups and use goods from the fats and sweets group (the tip of the Food Guide Pyramid) in moderation. Recommend a daily multi-vitamin supplement, especially for the lower calorie levels. The supplement should not exceed 50-100% of the recommended daily value for any of the nutrients.

\*\*Young adults to age 24 and adults >51 years need 3 servings per day.

Source: U.S. DEPARTMENT OF AGRICULTURE & U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

For more information on weight gain prevention and healthy eating habits, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

**Shape Your Future... Your Weigh!™**